

## **INTERACTIVE MOBILE DEVICE**

### **ABSTRACT**

A device is disclosed that provides a portable, programmable, interactive apparatus that instructs, monitors, tracks, and provides feedback and motivational information to an individual in regards to managing their personal physical fitness information. One embodiment of the device comprises a housing configured to be carried by the user, a display for displaying information to the user, a memory for storing data relating to programs, workouts, exercises and user inputted data. The device further contains an interface operable by the user to select and input data, and a processor in communication with the display, the interface, and the memory operable to control the display and to control the storage and retrieval of data from the memory. The device enables a user to program and view their personalized programs, workout routines, video instructions, or nutrition plans, while at remote locations. The device may also be connected to external computers and connected to the Internet for downloading information such as personalized fitness and nutrition programs and for uploading and storing personal information such as user inputted data to an external computer or the Internet.